

Statistics Report 35179, Chokecherries, raw, pitted (Shoshone Bannock)

Report Date: July 16, 2017 13:28 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	61.50	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Energy	kcal	156	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Energy	kJ	652	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Protein 1	g	2.89	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Total lipid (fat) 1	g	0.98	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Ash 1	g	0.75	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Carbohydrate, by difference	g	33.88	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Fiber, total dietary 1	g	17.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Sugars, total 1	g	14.22	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

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Sucrose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glucose (dextrose) 1	g	8.85	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fructose 1	g	5.38	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lactose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Maltose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Galactose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Starch 1	g	0.87	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Minerals													
Calcium, Ca 1	mg	40	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Iron, Fe 1	mg	0.40	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Magnesium, Mg 1	mg	21	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

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Phosphorus, P 1	mg	45	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Potassium, K 1	mg	309	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Sodium, Na 1	mg	2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Zinc, Zn 1	mg	0.19	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Copper, Cu 1	mg	0.068	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Manganese, Mn 1	mg	0.192	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Selenium, Se 1	µg	1.7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamins													
Vitamin C, total ascorbic acid 1	mg	0.7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Thiamin 1	mg	0.029	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Riboflavin 1	mg	0.058	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

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Niacin 1	mg	0.672	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Pantothenic acid 1	mg	0.330	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-6 1	mg	0.193	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Folate, total 1	µg	10	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Folate, food	µg	10	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Folate, DFE	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, RAE	µg	2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Carotene, beta 1	µg	26	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

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Carotene, alpha 1	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Cryptoxanthin, beta 1	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin A, IU	IU	43	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lycopene 1	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin E (alpha-tocopherol) 1	mg	0.75	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Tocopherol, beta 1	mg	0.04	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tocopherol, gamma 1	mg	0.82	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tocopherol, delta 1	mg	0.07	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2009
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin K (phylloquinone) 1	µg	29.3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

Sources of Data
¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8c, 2004 Beltsville MD